

Monday 13 May 2024

Mental health awareness week – moving more for your mental health This year's mental health awareness week is underway, with a focus on movement. We all know exercise is good for our bodies, but it also brings major benefits to our minds as well. As little as 15 minutes movement a day can make a real difference. However, long working hours, caring responsibilities, or simply not knowing where to start can all get in the way. The Mental Health Foundation have compiled some simple suggestions to get us all moving more: [Boost your mental health by moving more | Mental Health Foundation](#)

If you are struggling with your mental health, help is at hand:

- We Care programme - [We Care - I need support \(nhsgrampian.org\)](#)
- Healthcare chaplains are there for those of all faiths, and none. You can contact them on Ext 53316. Hospital chapels are open all day, every day, for anyone requiring space for quiet reflection.
- Breathing Space – 0800 83 85 87, Mon-Thurs 6pm-2am, Friday 6pm – Monday 6am
- Samaritans – 116 123, available 24/7

If you are worried about someone – a colleague, a relative, a friend – there's helpful information on how to support them on the Samaritans website: [How to support someone you're worried about | Samaritans](#)

iMatter 2024 We have made excellent progress with this year's confirmation process, with well over 1200 teams already confirmed. All teams must be confirmed by 5pm on Friday, to allow the questionnaire to go live next week. If you need any help, please contact gram.imatter@nhs.scot **If you need to change your team structure you must do this today (13 May).**

We often get asked what senior leaders and the organisation does with their iMatter results. Geraldine Fraser shared what the Integrated Family Portfolio Leadership Team took from iMatter last year:

"The Integrated Family Portfolio Leadership Team met to discuss the team iMatter report, and from this created a team story board. We used the iMatter results for the team, alongside the portfolio iMatter results to prepare our action plan. One key action we agreed as a team was to raise awareness of our roles and responsibilities through increased visibility and to give colleagues an opportunity to meet the leadership team informally. This led to us creating 'drop in' sessions at the end of our team meetings throughout the year, in both Royal Aberdeen Children's Hospital and Aberdeen Maternity Hospital. This was a good chance to answer any questions from staff in person, and for us to understand and value our colleagues and show our appreciation."

Scam e-mail alert A scam email, apparently targeting GP practices, has been reported. The e-mails appear to have been sent from a Partner at the practice (using a fake profile from a different e-mail address) being targeted and requests a same day bank transfer, involving a large amount of money, to cover outstanding invoices. If you receive such an e-mail, **do not** click on any links in the e-mail and **do not** authorise any bank transfers. Malicious e-mails can be reported and discarded safely using the following steps:

- Right-Click the Malicious Email
- Click “**Report**”
- Click “**Report Phishing**”
- Click the Blue “**Report**” Button
- Navigate to your “**Deleted Items**” folder
- Delete the Malicious Email from the “**Deleted Items**” Folder

This reports the email as a phishing email. This improves our detection methods and prevents future malicious emails reaching your inbox. Additionally, it deletes the email and removes it from your inbox, preventing any interaction with it. Useful advice and guidance from the cyber security team is available here: [NHS Grampian Cyber Security Guidance \(cloud.microsoft\)](#) You may also wish to consult the IT [security intranet page \(networked devices only\)](#).

Digitisation of GP practice medical records Following a thorough and lengthy tendering process, a contract to support the scanning of identified GP practices' medical records into electronic format is soon to begin. The contract has been awarded to NEC Software Solutions, who have successfully scanned records for other health boards. This process is being managed by the NHS Grampian Back Scanning Group. Funding from the Scottish Government will not enable us to scan all GP practice records in Grampian, but the process is underway with practices in all health and social care partnerships that were assessed and prioritised during the last few years. If you have any questions or concerns relating to this update, please contact your HSCP Lead:

Aberdeen City - clair.ross@nhs.scot

Moray - rosemary.reeve@nhs.scot

Aberdeenshire - aileen.wilson2@nhs.scot

Multi-Agency risk assessment workshops Adult Support & Protection partners across Grampian would like to invite you to a multi-agency risk assessment workshop. These are suitable for colleagues who go to – or are likely to go to - adult support and protection case conferences. They will also be of interest to anyone involved in multi-agency decision making around the management of risk to vulnerable people. Previous attendees have included social workers, health care professionals, police colleagues, housing colleagues, Third Sector and more. There is more information on the content of the [workshop, dates, and booking on the intranet here](#) (networked devices only).

Business Continuity and Resilience Awareness Week This annual event started today, with a focus on building resilience today to prepare for the uncertainties of tomorrow. There will be webinars running throughout the week, full details available here: [Business Continuity & Resilience Awareness Week \(BCAW+R\) 2024 | BCI \(thebci.org\)](#). If you are unable to attend any of the webinars, recordings will be available via the above link for 15 days. If you need any advice about business continuity, you can contact gram.cct@nhs.scot or visit the Civil Contingencies intranet page (networked devices only): [Pages - default \(scot.nhs.uk\)](#)

Tune of the day Margaret Mason, speech and language therapy assistant at Aberdeen Health Village, gets us going another working week. She's asked for [Everything is Awesome](#), dedicated to the whole team because they are awesome!

Obviously, I am making room for a second tune, as I am not done listening to [Nemo and The Code](#). Let's get ready for Eurovision 2025 in Switzerland! (EP)

If you want to request a tune, follow up on items included in this brief, or suggest an item for sharing, drop us an email via gram.communications@nhs.scot